

BOOK REVIEW**LOW BACK PAIN****Pawar Pranali¹, Anap Deepak²**¹Assistant Professor, M.V.P. Samaj's College of Physiotherapy, Nashik,²Professor, Dr. Vithalrao Vikhe Patil Foundation College of Physiotherapy, Ahilyanagar.

The edited book *Low Back Pain* by Vincenzo Denaro, Sergio Iavicoli, Fabrizio Russo, and Gianluca Vadalà brings together an impressive and timely collection of research originally featured in the *International Journal of Environmental Research and Public Health (IJERPH)*. The book offers a multidisciplinary examination of one of the most pressing global musculoskeletal health challenge- low back pain. Its strengths lie in the balanced integration of clinical insights, epidemiological findings and public health perspectives.

One of the most notable features of this compilation is its broad thematic span. The recent advances included in the book covers various perspectives of low back pain. The book collectively highlights the multifactorial nature of LBP- biological, occupational, psychosocial, and lifestyle-related. This makes the book particularly valuable for clinicians, physiotherapists, occupational health specialists, and researchers who require a holistic understanding of the condition. The editors have done well to maintain scientific rigor while ensuring the content remains accessible.

The epidemiological analyses included here are especially informative, offering updated prevalence data and risk-factor discussions relevant to varied populations. The emphasis on workplace related determinants reflecting the expertise of the editorial team is both timely and essential, considering the current shifts in work patterns such as remote and hybrid setups. Several contributions address

ergonomic factors, psychosocial work stressors, and preventive strategies, making the text beneficial for occupational health policy and interventions.

Clinically oriented chapters add further depth. Discussions on treatment approaches, rehabilitation pathways and innovative management strategies including biopsychosocial models are grounded in current evidence. These contributions help bridge the gap between emerging research and day-to-day clinical practice. The inclusion of studies examining patient behaviour and educational strategies also reflect a contemporary understanding of LBP management.

Although the book compiles high-quality peer-reviewed articles, readers should be aware that as a special-issue volume, there is some variability in the scope and methodological approaches of the individual studies. Nonetheless, this diversity is also a strength, it captures the complexity of LBP research and encourages readers to appreciate the interconnectedness of multiple domains influencing patient outcomes.

Overall, *Low Back Pain* is a valuable resource that successfully synthesizes current evidence and perspectives on a condition that continues to strain global health and economic systems. The editors have assembled a thoughtful and scientifically robust collection that will serve as a helpful reference for academicians, clinicians and policy-makers aiming to better understand and address low back pain in both clinical and public health contexts.

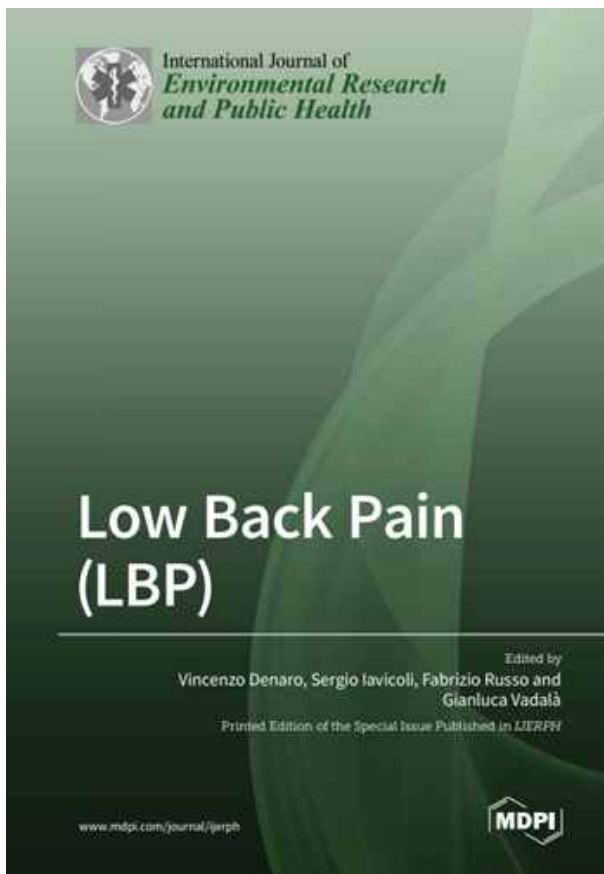
*Corresponding author: Pawar Pranali

Email : pawar.pranali05@gmail.com

M.V.P. Samaj's College of Physiotherapy, Nashik

Copyright © 2026, VIMS Journal of Physical Therapy. This is an Open Access article which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.





References:

1. Denaro V, Iavicoli S, Russo F, Vadalà G. Low back pain. *Int J Environ Res Public Health*. 2022.